Spring 2017 Rice University – Lifetime Physical Activity Program 170 002

Yoga - Course 20289

Syllabus

Instructor: Jennifer Buergermeister, MA, CHt, RYT, DD

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Phone: 713-539-7418

Class time: Monday & Wednesdays 4:00 – 4:50p.m.

Location: MPR3

Course description: This course provides a solid foundation in the principals of yoga theory and practice. By incorporating traditional philosophy, physical poses (asana) and breath control (pranayama), this class helps you to discover vitality, flexibility and strength within yourself. We will also identify, understand and cope with sources of stress and journey through several modalities that explore our response to stress and encourage yoga as an exercise/relaxation program. You will read a book of your choice. Submit and have approved by March 15, 2017. Example: Dan Millman's The Way of the Peaceful Warrior. You will write a 3-5 page reflection double-spaced due by April 15 and uploaded to our online portal and emailed to jenny.buergermeister@rice.edu.

Course objectives: Upon completion of the course, the student will have an understanding of the negative effects of stress on the body and how relaxation techniques and yoga can tone, enhance, and harmonize the physical and emotional bodies to achieve homeostasis and wellbeing. Students will gain knowledge of the history and theory of yoga philosophy and practice. Ultimately, students will understand how to choose healthy methods of exercise and relaxation that can serve as antidotes to the negative effects of stress both in college and beyond graduation and be used as tools for life.

Evaluation Procedures:

- Attendance and Participation
- Written Assignments/Reflection

Grading Scale:

Points Grade 270-300 A 240-269 B 210-239 C 180-209 D >180 F 100 points 100 points 100 points

Important Dates:

Monday, January 9th: First day of class
Monday, January 16th: No classes- MLK Day
Friday, January 20th: Last day to add a class
Thursday, February 9th and Friday, February 10th: No classes-Spring Recess
Monday, March 13th Friday, March 17th :No classes-Spring Break
Friday, April 21st: Last day of classes
Friday, May 5th: Grades for seniors must be submitted
Wednesday, May 17th: Grades for all non-graduating students due

Don't forget that all students taking LPAPs that are located in the Rec building must have their IDs on them to get into the building.

Attendance Policy:

The attendance policy for LPAP courses that meet twice a week will be as follows:
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than one class. Three total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

Honor Code Violations:

All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

ADA Statement:

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Topics to be covered include, but are not limited to:

- Introduction to Types of Stress + Effects Stress Assessment
- Various Methods in Meditation
- What is Yoga?
- Building a Personal Practice
- Pranayam (breathing techniques)
- Intro to the Basics of Neuroscience
- Heart Coherence/Biofeedback
- Laughter Therapy
- Qi Gong and Energetic Systems/Anatomy/Martial Asana
- Ayurveda, History of Eastern Medicine and Healthy Choices
- Why Silence?
- Intro to Rootism In a Nutshell (Jenny's theory of life)